

# One list, five meals

Michelle Darmody makes your mid-week dinner routine easier.

## Tomato Chicken

Serves 4

4 pieces of chicken on the bone  
2 small red onions sliced  
1 tin of tomatoes  
A small dash of balsamic vinegar  
1 punnet of cherry tomatoes  
A bunch of basil  
4 cloves of garlic  
Rice for 4

Brown your chicken in an oven proof dish until it is golden on all sides, add the onion and garlic and fry for a further two minutes. Add the tin of tomatoes, vinegar, sugar and place it in a medium hot oven. Cook for 15 minutes and then add the basil, cherry tomatoes and season.

Put your rice on to boil in slightly salted water. Cook the chicken for a further 15 minutes or so until it is completely cooked through. Taste the sauce and see if you need to add anymore seasoning.

Serve with the rice and some basil leaves on top.



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